

# Taking Charge of My Life and Health

## Facilitator Training

### *Train the Trainer Course*

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#### What is it?

This is an experiential, 3-day training, designed to equip education specialists and others, with skills necessary to train Whole Health Facilitators to implement Taking Charge of My Life and Health – Facilitator Training (TCMLH FT), for Veterans.

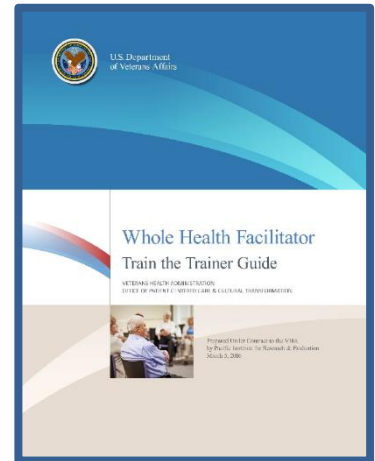
#### Purpose Statement

Participants will learn effective training skills in training facilitators to deliver the TCMLH multi-week work group program. This training is conducted utilizing Power Point presentations, small and large group activities, and group practice sessions with mentored feedback. The intent is to enhance training skills the attendees already possess. The attendees will learn to train others, clinicians as well as non-clinicians, in how to assist Veterans in:

- Articulating what really matters to them in their lives, by exploring their life mission, aspirations, and purpose.
- Utilizing the Personal Health Inventory (PHI) to identify areas of health that are strengths as well as areas they may want to enhance in order to support what matters to them.
- Setting SMART Goals and Action Steps to enhance their area of focus.
- Gaining support they need to carry out their goals and action steps.
- Learning the practice of mindful awareness.

#### Who should apply?

- Newly identified Network Wide Whole Health Education Champions
- VA staff who are identified as the VISN Trainers, by the Network Wide Whole Health Education Champions
- VA staff who have already attended Taking Charge of My Life and Health and the Whole Health Coaching Foundation Course and have experience facilitating groups, have dedicated time to lead future trainings and the ability to become successful trainers



- Examples of VA staff include, but are not limited to:
  - Network wide Education Coordinators, Whole Health Education Champions, Health Behavior Coordinators, Health Promotion and Disease Prevention Coordinators, Highly Skilled WH Coaches, Whole Health Program Manager, Patient Centered Care Coordinator

### **What is important about having a certified Train the Trainer in your Whole Health staff?**

The Whole Health Pathway is transforming the VA health system to equip and empower Veterans in taking charge of their health and wellbeing.

- The TCMLH course approach is built on the principles of empowerment. It has shown to be effective in supporting Veterans to identify 'what matters most' and to take action in moving towards their life, health and wellbeing goals.
- With staff changes and newly hired Whole Health Pathway positions, having an experienced trainer available will allow flexibility to train staff to deliver TCMLH courses, as needed.
- Additionally, the benefits of being in a group reduces feelings of isolation and can increase social support, which has proven to promote health and wellbeing.
- Therefore, having a greater number of certified trainers will allow for the training of more VA staff, who will in turn, reach a greater number of Veterans, who will experience these individual health and wellbeing benefits.

# *Taking Charge of My Life and Health – Facilitator Training*

## *Train the Trainer*

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### Course Agenda

Day 1 - Tuesday	
Time	Topic/Title
7:30am – 8:00am	Sign In & Registration
8:00am – 8:10am	<b>Welcome</b>
8:10am – 8:20am	<b>Overview of the Training</b>
8:20am – 8:50am	<b>Module 1:</b> Introduction to Taking Charge of My Life and Health
8:50am – 9:15am	<b>Module 2:</b> Introduction of Participants / Group Guidelines
9:15am – 9:45am	<b>Module 3:</b> Introduction to Patient Centered Care, OPCC&CT, Whole Health
9:45am – 10:00am	Break
10:00am – 10:30am	<b>Module 4:</b> Introduction to Mindful Awareness and Practice
10:30am – 12:00pm	<b>Module 7 &amp; 11:</b> Overview of Training Facilitation Skills
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	<b>Module 5:</b> Stage I, PHI, Introduction and Mission/Aspiration/Purpose
2:00pm – 2:15pm	Break
2:15pm – 2:45pm	<b>Module 6:</b> Values and Value Conflicts with Stage I Demo
2:45pm – 3:30pm	<b>Module 8:</b> Stage II, Personal Health Inventory with Demo
3:30pm – 4:00pm	Q&A and Evaluations, Adjourn

**Day 2 - Wednesday**

Time	Topic/Title
7:30am – 8:00am	Sign-in
8:00am – 8:30am	<b>Module 10:</b> Feedback, Overview and Mindful Awareness Practice
8:30am – 9:30am	<b>Module 12:</b> Stage III, Planning for Action and Goal Setting w/Demo
9:30am – 9:45am	Break
9:45am – 10:30am	<b>Module 16:</b> Stage IV, Executing & Assessing Action w/Demo
10:30am – 11:30am	<b>Modules 13 &amp; 17:</b> Working with Difficult Group Dynamics and How and When to Refer
11:30am – 12:00pm	Preparation for PPT Presentations and Leading Discussions
12:00pm – 1:00pm	Lunch
1:00pm – 2:15pm	Practice – PPT Presentations and Leading Discussions
2:15pm – 2:30pm	Break
2:30pm – 3:45pm	Practice – PPT Presentations and Leading Discussions
3:45pm – 4:00pm	Q & A, Evaluations, Adjourn

**Day 3 - Thursday**

Time	Topic/Title
7:30am – 8:00am	Sign In
8:00am – 8:30am	<b>Module 15:</b> Feedback, Overview and Mindful Awareness Practice
8:30am – 9:30am	Practice – PPT Presentations and Leading Discussions
9:30am – 9:45am	Break
9:45am – 10:15am	- Preparation for Practice – Conducting Demos and Mentoring - <b>Module 9:</b> Manual Review - <b>Module 14:</b> Practice of Skills & WH Process
10:15am – 12:00pm	Practice – Conducting Demos and Mentoring
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Practice – Conducting Demos and Mentoring
2:00pm – 2:15pm	Break
2:15pm – 3:30pm	Implementing Trainings (with small group discussions)
3:30pm – 3:45pm	<b>Module 18:</b> Final Large Group Debrief- Q&A/Parking Lot topics
3:45pm – 4:00pm	Final Evaluations and Closing Circle, Adjourn

# TAKING CHARGE OF MY LIFE AND HEALTH FACILITATOR TRAINING

*Train the Trainer*

## PIRE Faculty Bios

DAVID RYCHENER, PH.D.



Dr. David Rychener is the Project Director with the Pacific Institute for Research and Evaluation (PIRE), under contract with the VHA Office of Patient Centered Care and Cultural Transformation. He has been involved with curriculum development, training, and program development for the past 38 years with the University of Arizona, Duke University, and PIRE. More specifically, Dr. Rychener spent 30 years working on the U.S. Navy's PREVENT program, training more than 1,500 facilitators to deliver training at more than 35 Navy locations worldwide. At Duke University Integrative Medicine, Dr. Rychener assisted in developing and delivering the Integrative Health Coaching Course, co-authoring the *Duke Integrative Health Coaching Professional Training Manual* and the *Personalized Health Plan Manual*. Dr. Rychener also served as Associate Director for the Program of Integrative Medicine at the University of Arizona under the direction of Dr. Andrew Weil, where he helped design and implement the first Integrative Medicine clinic and the Integrative Research component of the program. Dr. Rychener earned his Ph.D. in Marriage and Family Therapy from Purdue University. He received his M.A. degree in Theology from Fuller Theological Seminary and his B.A. in Psychology from Wheaton College.

ALLISON CORSI, MPH, IHC, CWWS



Allison Corsi is a Duke University certified Integrative Health Coach, a Worksite Wellness Strategist (trained at the National Wellness Institute) and a global health specialist. Ms. Corsi has over 20 years work experience in health, working in: behavior change, health promotion, chronic disease management, research, global health, mind-body approaches and integrative medicine. With her own health coach practice, she developed a worksite wellness program, including: monthly health/wellness seminars, individual health coaching, healthy lifestyle and stress reduction workshops, and program evaluations. In addition, at a research institute, Ms. Corsi teaches/facilitates self-management courses on chronic disease, diabetes and the CDC Diabetes Prevention class. She also conducts research on factors that contribute to individual decision making and motivation in relation to health and wellbeing. With a Master in Public Health from Emory University and an undergraduate in Anthropology, she has worked in global health. With the World Health Organization and The Global Fund, Ms. Corsi partnered with other UN organizations, country governments, nongovernmental organizations, civil society, and others, to create policies and programs to address health disparities and community defined needs.

BOBBIE BRUNER-MUIRHEAD, BA, NBC-HWC



Ms. Bobbie Bruner-Muirhead is a Program Coordinator with Pacific Institute for Research and Evaluation (PIRE). With 15 years' experience as a group facilitator and trainer, Bobbie is also a U.S. Navy Veteran. She is a 2009 graduate of Duke University's Integrative Health Coach Foundations program and 2015 graduate of Wellcoaches School of Coaching Core Coach Training program. Ms. Bruner-Muirhead is a National Board-Certified Health and Wellness Coach through the National Board for Health and Wellness Coaches (NBHWC). During her enlistment with the Navy, Ms. Bruner-Muirhead served as a Cryptologic Technician Interpreter, serving as a Russian Linguist in Turkey and Japan. She

worked on the U.S. Navy PREVENT contract (a behavior modification education program for Navy personnel) with PIRE and with KeyBridge Technologies as a facilitator and trainer. During her time with the PREVENT program, Ms. Bruner-Muirhead facilitated over 225 groups travelling throughout the U.S. and overseas as well as provided shipboard classes aboard aircraft carriers. Ms. Bruner has a Bachelor of Arts in History with a dual minor in Professional Education and Russian Linguistics from the University of North Florida.

CANDACE GREGORY, RN, BSN, MS, NBC-WHC, BC-NC



Ms. Candace Gregory is a Program Coordinator with Pacific Institute for Research and Evaluation (PIRE). She has over 36 years' experience in healthcare and has been a registered nurse for 30 years. Ms. Gregory's nursing background began in emergency and critical care both as a Paramedic/EMT and an RN. She recently has focused her attention on Healthcare IT and now holds an ANCC Certification in Nursing Informatics. Ms. Gregory has been an independent consultant managing multimillion-dollar electronic health record implementations. She helps to facilitate change by guiding large healthcare organizations through process identification and re-design as well as organizational change management, coaching, and mentoring. Ms. Gregory has also worked with several large healthcare organizations to create and implement employee wellness programs that include integrative health coaching and mindfulness. In addition, Ms. Gregory also has an independent coaching practice and focuses on coaching for healthcare providers, particularly nurses. She is the owner and co-creator of an innovative coaching program called "Nurture the Nurse" which incorporates integrative health coaching with mindfulness and self-compassion training to improve the overall health and well-being of nurses both professionally and personally. Ms. Gregory holds a Master of Science in health promotion with a concentration in workplace wellness from Maryland University of Integrative Health. She also holds a Bachelor of Science in nursing from Bellarmine University, and a Duke University Integrative Medicine certification as an



Integrative Health Coach. Ms. Gregory is a NBHWC board certified health and wellness coach board and a nationally board-certified Nurse Coach through the American Holistic Nurses Credentialing Center.

CINDY SCHULTZ, MA, LP, NBC-HWC



Cindy Schultz is a practicing holistic psychologist and health coach with more than 20 years of experience, assisting people to find their passions, explore their deepest fears, and to help them find their own paths to healing. She has completed a master's degree in Health and Wellbeing Coaching from the University of Minnesota. She also has a master's degree in Educational Psychology, an undergraduate degree from Iowa State University, and is a licensed psychologist. Cindy serves as Board Chair of the National Board for Health and Wellness Coaching (NBHWC). She has helped to coordinate many tasks associated with the national certification examination for health and wellness coaching and is currently coordinating a project to create additional group coaching skills training for the National Diabetes Prevention Program (National DPP) lifestyle coaches. In her private practice, Cindy provides health coaching, organizational effectiveness consulting, and executive coaching in a variety of settings, including corporations, government agencies, educational settings and non-profits. Previously, Cindy was a faculty member at the University of Minnesota, Earl E. Bakken Center for Spirituality and Healing, Integrative health and Wellbeing coaching program. She is also an ordained minister and energy healer through Inner Focus. When she is not working, she enjoys spending time in nature, visiting the US National Parks, and playing tennis.

EDIE OAKLEY, RN, BSN, MS, NBC-HWC



As Founder and President of Oakley Integrative Health, LLC, Edie Oakley is a National Board-Certified Health and Wellness Coach. In this capacity, she partners with individuals, corporations, and non-profit organizations as they explore and deepen learning of themselves



in body, mind and spirit, and empowers them to move forward as they become advocates for their own health. She is also passionate about continuing research/piloting holistic health coaching for teens in their junior/senior year of high school as well as supporting their college transition- using a variety of mindfulness-based practices, including breathing, journaling/vision boards, eating, movement and communication. Edie is a Registered Nurse with more than 15 years of experience. Her clinical experience was in neonatal intensive care (NICU), special care nursery (SCN), mother/baby and pediatrics. In 2002, she earned a Master's Degree in Counseling and has worked with young women on issues such as depression, anxiety, eating disorders and life transitions. In 2011, she became certified as an Integrative Health Coach and completed the Mindfulness-Based Stress Reduction program at Duke Integrative Medicine. She is passionate about being a part of a well-care model of health and mentoring other healthcare professionals embarking on their coaching journey. Edie lives in Durham, NC and enjoys running, travel, nature, friends, spending time with her husband and two boys and volunteering as a coach and board member for Girls on the Run of the Triangle.

#### JANE TURCOTTE, PH.D.



Dr. Jane Turcotte is a consultant with the University of Arizona's Southwest Institute for Research on Women and has been involved in a number of projects, including a National Science Foundation grant that uses mentors and a values-driven context to foster STEM (Science, Technology, Engineering, Mathematics) interest in youth from underrepresented populations. She is also a consultant for Pacific Institute for Research and Evaluation (PIRE), serving most recently as a health coach mentor and previously as a trainer and evaluator. Dr. Turcotte received her graduate education in clinical psychology at Memphis State University (now the University of Memphis) and completed an internship at the Southern Arizona Veterans Administration Health Care System in Tucson, Arizona. Following her internship, she assumed a position with the University of Arizona, Department of

Family and Community Medicine to assist with the U.S. Navy's PREVENT program, a course designed to reduce health risk behaviors that detract from mission readiness. During her tenure with PREVENT, Dr. Turcotte served as a facilitator, trainer, curriculum writer, and site manager, overseeing program delivery at 12 Navy installations. Dr. Turcotte received her B.A. in Psychology from Western Michigan University and worked as a psychometrist at a private psychiatric hospital in Grand Rapids, Michigan, prior to pursuing her post-graduate education.

retreats, weekly mindfulness classes, massage, and energy healing sessions, and her Awakened Coaching Sessions at TAME Wellness Center in Meridian, MS.

KERRI WEISHOFF, MS, CCC-SLP, NBC-HWC



Kerri is an integrative health coach and university lecturer and instructor on mind-body and awareness practices. She is also a practicing speech pathologist in critical care and incorporates mindful awareness into her clinical practice. As a certified integrative health coach, Kerri provides compassionate, non-judgmental support while helping clients identify obstacles blocking their pathway to better health and overall wellbeing. She incorporates self-care, breathing practices and stress management tools to help clients increase focus, improve energy and connect to purpose in their life. Kerri has more than 25 years of rehabilitation experience, including 15 years as a director of rehab and integrative healing practices. She is a graduate of the University of WI – Milwaukee from the College of Health Sciences and the University of Minnesota Center for Spirituality & Healing. Her recent study has been with the Center for Mind-Body Medicine. Her joy comes from an evolving life with her three boys and husband, mindful exercise, the change of the seasons and exploring possibilities.

KRIS KNIEFEL, MA, NBC-HWC



Kris Kniefel is a nutrition educator and a functional medicine and board-certified integrative health coach. Kris values on-going wellness education and has completed studies in mind-body medicine, self-compassion, food as medicine and functional medicine. As a human resources leader, for over 30 years, Kris focused on supporting employee and leader growth, as well as organizational change. This experience plus a focus on wellbeing, helps Kris support her clients in living their best life. Kris is passionate about partnering with people to make personalized lifestyle changes. And, loves seeing clients' lives enhanced by making simple changes. Kris finds joy in being in nature, connecting with friends and family over good food, and traveling. Kris has a Bachelor of Science degree in business from Minnesota State University, Mankato, Master of Art in human resources from the University of Minnesota, and coaching certificates from the University of Minnesota and the Functional Medicine Coaching Academy.

MARK DREUSICKE, MD, NBC-HWC



Mark Dreusicke graduated from Duke University School of Medicine with a focus on integrative medicine and primary care. In his studies, he became interested in how principles of mindfulness, energy medicine, behavioral neuroscience, and motivational psychology can impact behavior and transform health care. With an undergraduate degree in neuroscience, his interest in human behavior developed while conducting studies in clinical psychology and neuroimaging at the University of Virginia, Virginia Commonwealth University, and Harvard Medical School. Dr. Dreusicke is trained as an Integrative Health Coach from Duke Integrative Medicine, where he also completed Mindfulness Based Stress Reduction (MBSR) training. He also completed Vanderbilt University's Health & Wellness Coaching Certification Program. Dr. Dreusicke is actively involved in the national credentialing for coaches with the National Board for Health & Wellness Coaching (NBHWC) and National Board of Medical Examiners (NBME).

He currently lives in San Diego, CA and consults in the fields of primary care & integrative medicine, mindfulness, and health & wellness coaching.

REBECCA WEINAND, MED, NBC-HWC



Rebecca Weinand is a National Board-Certified Health & Wellness Coach with an Integrative Health Coaching certificate from Vanderbilt University's Osher Center of Integrative Medicine, as well as a BS and a Master of Education from King University.

Combining her passion for education with her love of coaching, she serves as an adjunct faculty of Health & Wellness Coaching at Meharry Medical College (Nashville, TN). She also continues to offer mentoring for Vanderbilt University's Health & Wellness Coaching Certification Program. Rebecca entered the field of health coaching after seven years in public education and now has an independent coaching practice in Maryville, TN. Her own journey of finding balance in training, working and caring for herself led her to a place of peace, presence and renewed passion for walking alongside others in their journey of life. As an integrative health coach, she strives to journey with her clients as they seek balance and presence. She has found health coaching to be the perfect place to truly engage with others as they seek to walk down the path to their optimal health.

SARA REGESTER, RN, BSN, NBC-HWC



Sara Regester, Registered Nurse, Integrative Health Coach and Stress Expert, supports individuals to master their stress and get unstuck from the resistance that keeps them stuck in their comfort zone unable to create the lifestyle they desire in their work, their relationships and their health. Her expertise is in exploring the underlying patterns and resistance that keep you stuck in your life impacting your career, your key relationships and your health and to free blocks so you can live more aligned with your meaning and purpose. Sara has integrated her 30+ year career in Healthcare into her role as an international teacher of Shamanism and Health

Coach. She leads highly transformational programs for individuals, groups and companies which include unique mind-body-spirit techniques. She offers a holistic approach to rewire mindset and lifestyle. Her programs teach how to be stress responder and innovative problem solver so you can be less reactive and more confident to respond when stress triggers hit. Sara is the founder of Directions 4 Wellness, an international health and lifestyle-consulting practice and is the author of the ebook "How to Grow from Your Stress."

# OPCC&CT Faculty Bios

ANDREA YOUNG, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 3



Andrea Young joined the OPCC&CT in 2018 as a Field Implementation Team (FIT) Consultant, supporting the patient centered care transformational efforts in facilities in VISN 5.

Andrea came to the office from the James E. Van Zandt VA Medical Center, a level 3, VAMC in Altoona, Pennsylvania

which serves 26,000 Veterans in 14 rural counties in Western Pennsylvania. Since May 2009, Andrea served as the Chief, Stakeholder Relations, managing Public Affairs, Voluntary Service, Patient Advocate, My HealtheVet, and Outreach programs and serving as the VAMC's Whole Health point of contact. Andrea is a registered Yoga teacher and founder of Bloom Yoga & Wellness, the first studio committed to yoga and meditation in her community. She came to VA with 20 plus years in the private sector, having served as Public Relations Director for what is now one of the largest behavioral health companies in Pennsylvania. She holds a Bachelor's Degree in Journalism and Public Relations, and has had extensive training in yoga, meditation, mindfulness and Reiki. Andrea is enrolled in an International Coaching Federation (ICF) Accredited Family Recovery Life Coaching program. Andrea works virtually from Altoona, Pennsylvania and can be reached at [Andrea.Young@va.gov](mailto:Andrea.Young@va.gov). Carrie Peterson, MSW, LICSW

CHRISTIAN DIMERCURIO, FIELD IMPLEMENTATION TEAM (FIT) LEAD, REGION 3



Carlo "Christian" DiMercurio, originally from Colorado Springs, Colorado works virtually from Louisville, KY. An experienced health care administrator with a Masters Degree in Business Administration, Christian serves as the Field Implementation Team (FIT) Lead for Region 3. In this role, Christian is responsible for

leading a dedicated team of consultants charged with providing Whole Health System support services to VISN 5, 6, 7, 8, and 9. In addition, Christian Leads the Office of Patient Centered Care & Cultural Transformation, Veteran Outreach &



Integration for Connections & Expansion (VOICE). Under his leadership, VOICE is charged with advancement and support of national, regional, and local collaborations to integrate and expand understanding of the Whole Health philosophy of care within DoD, VSOs, and other community organizations, programs, and service entities. VOICE provides guidance and information to all organizations that support Veterans and their family members. Prior to joining the VHA in 2011, Christian served 23 years in the United States Navy, (Mustang) with dedicated service as a Hospital Corpsman and Medical Service Corps Officer. Carlo.DiMercurio@va.gov

DAVID HUFFMAN, MS, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 1



Mr. David Huffman serves as a Field Implementation Team Partner and Consultant within Region 1 of the Office of Patient Centered Care and Cultural Transformation (OPCC&CT). He joined OPCC&CT in May of 2014. David brings over 34 years of experience in VA healthcare operations gained in a variety of positions including Associate Medical Center Director, Facility Planner, Compliance Officer, Chief of Environmental Management Service, and Administrative Officer to the Medical Center Director and Chief of Specialty Care Service Line. He is a qualified instructor/facilitator for many employee development programs including Myers Briggs Type Inventory and The Coaching Clinic. He holds a Bachelor of Science degree in Biology from Mars Hill University and a Master of Science degree in Environmental Health from East Tennessee State University.

DONALD DEATON, LCSW, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 2



Mr. Donald Deaton is a field-based implementation team consultant based in Little Rock, Arkansas. Don is responsible for acting as a culture change agent providing leadership in the planning, coordination and implementation of patient-centered care. Don is a Louisiana Licensed Clinical Social Worker. Following earning a



Master Degree in the Science of Social Work from the University of Tennessee, he has been employed by the Department of Veterans Affairs since 1997 providing Mental Health services for both New Orleans and Little Rock Veterans. Prior to joining the OPCC&CT Don served as Suicide Prevention Coordinator and was responsible for activating the Suicide Prevention Program for Central Arkansas outpatient clinics. He also has had a private practice focused on divorce mediation and child custody. Don is quite honored to be a member of the Office of Patient Centered Care and Cultural Transformation and looks forward to ongoing change progressing from Diagnosis based Paradigm to Patient Centered Care for our Veterans.

EILEEN MCCORMICK, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 1



Eileen McCormick works virtually from Cheyenne, Wyoming. Prior to accepting this position, Eileen was the Administrative Officer for the Surgical Service Program at the Eastern Colorado Health Care System in Denver. Eileen has 30 years of experience in the VA system. She began her VA career as the Chief, Recreational Therapy Service at the Hines VA Hospital in Chicago and later as the Chief,

Voluntary Service at the Cheyenne VA Medical Center. Eileen completed the VISN 18 & 19 Leadership Development Institute in 2008 and the Health Systems Management Training Program in 2009 while stationed at the VA Puget Sound Health Care System. She is a National VA Voice Coach since 2014. Her personal philosophy is exemplified in this quote from the 14th Dalai Lama, “We are visitors on this planet. We are here for ninety or one hundred years at the very most. During that period we must try to do something good, something useful with our lives. If you contribute to other people’s happiness, you will find the true meaning of life” [Eileen.McCormick@va.gov](mailto:Eileen.McCormick@va.gov)

JAMILA MIAH, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 4



Jamila Miah, LCSW joins us virtually from Montrose, NY. Prior to accepting this position Jamila was the Veterans Justice Outreach Coordinator at VA Hudson Valley Health Care System, and partnered with the legal system in developing Veterans Courts. Her VA career began 10 years ago as a Clinical Social Worker on acute inpatient psychiatry. Jamila has a Master's Degree in Social Work, Post-Masters Certification in Advance Clinical Practice and completed 48 credits towards PhD in Clinical Social Work. "I am very excited to be a part of developing VHA's own brand of Patient Centered Care and Cultural Transformation."

Jamila.Miah@va.gov

MERA HALLOWAY-PAULINO, FIELD IMPLEMENTATION TEAM (FIT) CONSULTANT, REGION 2



Mera Holloway-Paulino is the Region 2 FIT Partner located in Houston, Texas. Mera comes from a multicultural background, having been raised in Sierra Leone, West Africa. She moved to New York at the age of 10 and calls New York home. Mera received her MSSW from Columbia University School of Social work where she concentrated on Children and Families. Mera has worked with VHA for over 10 years, starting her career on the Post-traumatic Residential Program at the VA Hudson Valley HCS in NY. Mera has also served as the HUD-VASH Coordinator for the Hudson valley HCS during the early implementation of the program at that facility. Most recently, Mera was the Health Behavior Coordinator at the Michael E DeBakey VAMC where she was instrumental in forming and implementing a Veteran's Advisory Council in primary care. She was also instrumental in introducing the CREW training to the PACT Teamlets. During her tenure as the Health Behavior Coordinator at the Michael E. DeBakey VAMC, Mera trained over 90% of PACT Teamlets in patient-centered forms of communication. Her passion is veteran advocacy, and creating an environment and practice in all facilities that is healing and provides a sense of safety to all

veterans and their families who will walk through those doors. Mera.Halloway-Paulino@va.gov

TIM DOHERTY, LCSW



As a Senior Whole Health Consultant for Deployment and Implementation with the VA Office of Patient Centered Care & Cultural Transformation, Tim works at the national level to develop and disseminate programs, trainings and resources to support the whole health cultural transformation taking place within VA. During his 23 years with the VA, he's had experience as a Field Implementation Team Consultant, Clinical Social Worker and Health System Specialist. He is a graduate of the Leadership Development Institute and the VHA Flow Academy and has served as a Federal Workplace Mediator and Ethics Consultation Coordinator. Tim received a BA in Psychology from Clemson University and a Masters in Social Work from Florida State University. He resides in North Carolina with his wife and two children and can be reached at Timothy.Doherty1@va.gov.